

BIRP Note Template

Patient Information

Jesse Whitman
First Name Last Name
14/05/1990
Date of Birth

20/11/2022
Date

Behaviour

Jesse presented a tense posture and stance, with fidgeting hands and a shaking leg. When asked, Jesse explained "it's getting quite difficult for me to turn my brain off." Jesse responded to all questions with short statements, and did not care to elaborate. He elaborates that he feels more aggravated than usual, which could be due to fatigue. Jesse explained that he had been feeling "extremely tired the past week", with minimal sleep. He states that he has around 4 hours of sleep per night, and struggles to stay asleep if woken up.

Intervention


Jesse presents mild symptoms of anxiety, with fatigue and irritability. As a result, the patient was given some cognitive restricting methods to increase his mental wellbeing and how he perceives events and situations. Through talking therapy, Jesse was supported to identify his negative thinking patterns, and to know when to recognize his anxiety. Medication was discussed, however, because of recent development, I am hesitant at this stage to prescribe anxiety medication. Medication to aid in sleep was discussed and Jesse is encouraged to schedule an appointment with the GP to explore this option further.

Response

Jesse agreed with the medication plan, and also agreed to meet with the GP. As a result, I have referred Jesse to his GP to discuss options. Jesse also responded well to cognitive thinking exercises, and demonstrates good progress for one session of practice.

Plan

Jesse will see me in two weeks on September 15th. His goals are to improve cognitive thinking patterns when it comes to anxious thoughts, and to assess medication outcomes when it comes to increasing his hours of sleep.


Signature

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A Loxley



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Table of Contents Sample Birp Progress Note

1. Understanding the eBook Sample Birp Progress Note
 - The Rise of Digital Reading Sample Birp Progress Note
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Birp Progress Note
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Birp Progress Note
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Birp Progress Note
 - Personalized Recommendations
 - Sample Birp Progress Note User Reviews and Ratings
 - Sample Birp Progress Note and Bestseller Lists

5. Accessing Sample Birp Progress Note Free and Paid eBooks
 - Sample Birp Progress Note Public Domain eBooks
 - Sample Birp Progress Note eBook Subscription Services
 - Sample Birp Progress Note Budget-Friendly Options
6. Navigating Sample Birp Progress Note eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Birp Progress Note Compatibility with Devices
 - Sample Birp Progress Note Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Birp Progress Note
 - Highlighting and Note-Taking Sample Birp Progress Note
 - Interactive Elements Sample Birp Progress Note
8. Staying Engaged with Sample Birp Progress Note
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Birp Progress Note
9. Balancing eBooks and Physical Books Sample Birp Progress Note
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Birp Progress Note
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Birp Progress Note
 - Setting Reading Goals Sample Birp Progress Note
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Birp Progress Note
 - Fact-Checking eBook Content of Sample Birp Progress Note
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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